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CRISPY CROQUETTES
CHICKEN, SWEET POTATO PATTIES GO EASY ON FAT {page 15}

STYLE STAR ON THE RISE
ENGLISH JEWELLER IN DEMAND {page 11}

ON TOP
2011: THE YEAR OF PORTMAN
SCENE {page 9}

VANCOUVER metro®
Thursday, January 20, 2011
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News worth sharing.

Missing women forums kick off

- Commissioner Wally Oppal hears from DTES community ahead of public inquiry
- Many unhappy with limited scope, say issues need to be addressed

MATT KIELTYKA/METRO

▶ Wally Oppal, commissioner of the missing-women inquiry, addresses a packed house in Vancouver yesterday as a poster of the city's missing and murdered women looms behind him.

MATT KIELTYKA
@METRONEWS.CA

If Wally Oppal didn't know what he was getting into before, the commissioner of the missing-women inquiry found out yesterday.

Ahead of his formal inquiry, the former attorney general hosted a public forum in the Downtown Eastside last night and heard from politicians, community activists, residents and advocates, all of whom told him how the system has failed dozens of women and thrown them into the hands of predators like serial killer Robert Pickton.

"We know of the horrific crimes that have been committed and we want to make sure people have been listened to, that all the evidence is heard."
WALLY OPPAL

"I believe your greatest challenge in this public inquiry is to produce a report that cannot be ignored," MP Libby Davies told Oppal. "It must be a report that addresses the deeply disturbing and egregious crimes done to our society."

Nothing from last night's pre-hearing forum, or from the second one scheduled for tomorrow, can be used as evidence when formal proceedings begin in June, but Oppal said the comments will help him shape the inquiry.

"We want to hear from (the community), what went wrong and how we can prevent these wrongs from taking place in the future," Oppal said.

Politics

Black made interim NDP leader

- New Westminster MLA has no intention of running for the party leadership
- Selection will be approved by provincial council soon {page 3}

Tying the knot?

Weddingbells rounds up the big reception, fashion trends for 2011 {page 14}

Harper backs death penalty

But prime minister says he has no plans to act on capital punishment, or abortion, any time soon {page 4}

Passing the borrowed buck

John Mazerolle blames you for his debt load {page 8}

Affordable and accessible

Own a piece of MacPherson Walk in South Burnaby {page 12}

Need a flexible, tax-free savings solution? Try a TFSA.

By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are as certain as taxes, but since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan.

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TFSA earnings grow tax-free and account holders can withdraw funds at any time

TFSAs are also quick and easy to open. And they're useful to hold in addition to other registered plans, such as RRSPs or Registered Education Saving Plans (RESPs), especially if you've already exceeded your annual contribution limit or the lifetime maximum.

Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to $10,000 for 2010 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

So if you want to make sure your savings plan is built to enhance your financial well-being, do yourself a favour and consider building it with the flexibility of a TFSA.

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Mountie charged over theft of change

A Burnaby RCMP officer is facing criminal charges for allegedly stealing loose change from the community police office.

Mounties say Const. Derrick Holdenried, 37, has been charged with theft for the alleged penny pinching and he has also been suspended from duty. The investigation began in late 2010 when another officer reported that loose change had gone missing from a workstation.

Holdenried, who has been on the force for two years, is accused of taking change on numerous occasions.

"While the theft does not involve a lot of money, the fact is as police officers we're in a position of trust, and any breach of that trust is taken very seriously," read a statement from Burnaby RCMP.

Holdenried is scheduled to appear in court Feb. 14.

MATT KIELTYKA

Baby died at unlicensed daycare

RCMP are investigating the sudden death of a one-year-old boy at an unlicensed residential daycare in Coquitlam.

Police say the baby died on Monday and officials aren't releasing the name of the child "out of respect for the victim's family."

Coquitlam RCMP and the B.C. Coroners Service are investigating the circumstances surrounding the baby's death.

KRISTEN THOMPSON

KIMIYA SHOKOOHI/FOR METRO

▶ Dawn Black, left, with Bruce Ralston and Carole James in Vancouver in November. Black and Ralston were among the James loyalists during the NDP caucus revolt.

Black interim NDP leader

Dawn Black says she has no plans to run for leadership position ◗ Six candidates running ◗ The party will elect permanent leader on April 17

KRISTEN THOMPSON
@METRONEWS.CA

Thursday

voted New Westminster MLA Dawn Black as interim leader, officially ending Carole James' career as Opposition leader.

The recommendation will be approved by the NDP's provincial council in the coming days.

Party MLAs were looking for an interim leader who is not a leadership candidate and who can heal some of the internal divisions.

Carole James

- Carole James announced her resignation in December after some members of her caucus — led by Jenny Kwan — called for her to step down.
- James said she plans to remain an MLA in Victoria but does not want to serve in the caucus shadow cabinet.

Black, 67, a former MP, was elected MLA for New Westminster in 2009 and served as opposition critic for Advanced Education and Labour Market Development.

"I feel honoured that I'd receive unanimous support in this role and recognize there will be some challenges, but I'm looking forward to them," Black told Metro.

"My goal is to ensure that we're moving forward as a united group to expose the weaknesses of the Liberal government. My goal is to get this caucus together."

1 news

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Harper on the death penalty: Yes — and no

Won't spark abortion debate, PM insists in interview

In a candid television interview, Prime Minister Stephen Harper has revealed his inner feelings about the death penalty and abortion.

He says he personally favours the death penalty in some instances.

But he has no plans to resurrect debate over capital punishment — at least not in the next parliament.

Harper was even more categorical about abortion, indicating he has no interest in ever reopening debate on that hot potato.

He said the key to reducing the number of aborted pregnancies is changing attitudes, not laws.

Harper's views on the hot-button issues were probed by Peter Mansbridge, anchor of CBC's The National, who wanted to know what he would do should he manage to win a majority.

On reinstating capital punishment, Harper said simply: "I don't see the country as wanting to do that."

When Mansbridge pointed out he seemed to be closing the door less firmly on that issue, Harper added, somewhat disjointedly:

"Well, I personally think there are times when capital punishment is appropriate.

"But I've also committed that I'm not, you know, in the next parliament, I'm not, no plans to bring that issue forward."

On abortion, Harper said: "I'm not interested in having a debate over abortion law."

THE CANADIAN PRESS

Layton's worried

- Federal NDP Leader Jack Layton said Harper's responses on the death penalty and abortion were so carefully worded they raised alarm bells.
- Layton said Harper is leaving the door open for a private member's bill that would reinstate the death penalty.

Montreal. A demo with a difference

▶ Mothers turn out to support their right to breastfeed in public.

PHOTO: REUTERS

Oh baby, mommy's protesting

About 60 mothers staged a group breastfeeding session in a Montreal mall yesterday in support of nursing in public. They spent about one hour nursing their infants in front of a store where a Montreal mother was recently asked to stop breastfeeding her five-month-old girl. The store later apologized.

60 **An anonymous man began the tribute at Poe's grave more than 60 years ago. He was always dressed in black, with a white scarf and a wide-brimmed hat.**

The final chapter?

The unknown man who for decades left three roses and a half-bottle of cognac at writer Edgar Allan Poe's Baltimore, Md., grave on his birthday failed to appear yesterday, fuelling speculation he may have died.

THE ASSOCIATED PRESS

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Honolulu	from $378 + taxes & fees $120
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Report had 'leaps of logic,' says new study

Saskatchewan Research Centre disputes claims of greenhouse-gas leak made by Weyburn landowners

A report that suggests carbon dioxide is leaking from a vast underground storage reservoir is rife with mistakes and misinterpretation, concludes a review of that research.

And those claims, which were widely reported, have unfairly tarnished one of the main ways that government and industry hope to reduce greenhouse gas emissions, says the project's manager.

"We are talking about a gross over-interpretation of the data," Steve Whittaker of the Saskatchewan Petroleum Technology Research Centre said yesterday.

The centre is overseeing the world's largest carbon capture and storage project near Weyburn.

"They've speculated and made leaps of logic that are very hard to support."

World leader

Since 2000, Cenovus has been injecting 6,000 tonnes of carbon dioxide into the region's aging oilfield everyday.

- These methods are an effort to squeeze out more oil and keep the greenhouse gas from entering the atmosphere.

But the lawyer for the landowners who paid for the original report said there are still unanswered questions about what is happening on property belonging to Cameron and Jane Kerr.

Last summer, the Kerrs hired Paul Lafleur of Petro-Find Geochem to look into unexplained happenings on their land, such as algae blooms and the deaths of small animals.

Lafleur's report, released last week, said carbon dioxide concentrations were found in the soil several times those typically found in field soils.

Steve Whitaker responded by saying the soil carbon dioxide levels were well within the normal range for the area.

He also argued that Lafleur's methods for locating subsurface fault lines were unsubstantiated and that algae blooms are normal in prairie sloughs.

THE CANADIAN PRESS

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Brace. Yourself

▶ Gas prices are shown at 115.4 per litre at gas stations in downtown Montreal.

RYAN REMIORZ/THE CANADIAN PRESS

Fuel prices on the rise

Consumers should brace for higher fuel prices over the next few months, warns energy consultant Roger McKnight. He sees gasoline and diesel prices this spring being 15 to 20 per cent higher than a year earlier. The price of crude oil has been steadily creeping up, hovering above $92 US per barrel yesterday.

New loan measures too stringent?

Report critical of housing loan clampdown comes two days after feds altered lending rules

HANDOUT

▶ Will Dunning

The risk of mortgage rates rising to unaffordable levels in the near future is "negligible" and recent measures taken by Ottawa to clamp down on housing loans may be too harsh, says Canada's mortgage industry association.

Due to the effect of tightened lending rules, "housing demand at present and for the near future is probably lower than it needs to be," according to the Canadian Association of Accredited Mortgage Professionals, which represents brokers and others in the industry.

In fact, the group suggested in a report yesterday that the rules may need to be relaxed.

CAAMP said that a vast majority of borrowers studied had left themselves room to absorb a hike of as much as one percentage point on fixed-rate mortgages and even more on variable-rate mortgages.

"Canadians — lenders and borrowers — have been highly prudent in the mortgage market," Will Dunning, the association's chief economist, wrote in the report.

"There have been some calls for mortgage lending criteria to be tightened further.

"This analysis concludes that Canadian lending criteria are already tight enough. In fact, some might argue that with the changes implemented in April 2010, Canadian criteria are currently too tight."

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 120.16 (13,439.04)	– 0.27¢ (100.45¢ US)

Oil	Natural gas
– 52¢ US ($90.86 US)	1,000 cu ft $4.561 (+ 13.6¢)

Gold contracts $1,370.20 (+ $2.00)

Number of young Canadians with RRSPs drops

The Royal Bank says the number of young Canadians who have a registered retirement saving plan has dropped to 39 per cent — the lowest level in almost a decade. The bank's annual survey found that the majority of people aged 18 to 34 had not yet started saving for retirement, instead focusing on other goals like reducing debt, saving for a rainy day or home ownership. The 39 per cent figure is small in comparison to the decade-high 62 per cent of respondents in 2006 who said they had an RRSP.

The bank said 56 per cent of those interviewed were more worried about making regular payments to reduce or eliminate debt, while 45 per cent were simply adding to savings.

Although 44 per cent of young Canadians ranked home ownership as a top goal, only six per cent were taking full advantage of tax-free RRSP withdrawals to help buy their first home, the survey found. "We're seeing other financial priorities become increasingly top of mind for younger Canadians who may not realize they are missing out on one of Canada's best income tax savings vehicles, as well as the potential to grow their investments more quickly," Lee Anne Davies, head of the bank's retirement strategy, said in a statement.

THE CANADIAN PRESS

HANDOUT

▶ Lee Anne Davies

Adult RRSPs

RBC said the overall number of Canadian adults who have RRSPs jumped 61 per cent last year, up from 54 per cent in 2009.

▶ **Contribution** 35 per cent of all Canadians make regular weekly or bi-weekly contributions to their RRSPs.

Wind seeks protection for cell users

Wireless company Wind Mobile wants the federal and provincial governments to provide better consumer protection for cellphone users, including reducing early contract termination fees.

"All Canadians should be offered similar protection," Wind Mobile chairman Anthony Lacavera said yesterday.

Wind Mobile said it has filed a submission to the Manitoba government's public consultation paper on improving consumer protection for cellphone and wireless contracts in that province.

6 Wind Mobile chairman Anthony Lacavera cited a study noting that Canadians cancelling an iPhone contract after six months would pay twice as much as Americans.

Wind said it applauds Manitoba as well as Quebec for taking leadership on consumer protection in the wireless market.

"This is a great step in the right direction and we hope to see all Canadians enjoying greater protection from abusive practices of wireless carriers," Lacavera said in a news release.

Quebec has legislation that limits cancellation fees and stops companies from automatically renewing contracts.

And Lacavera also noted that a private member's bill was recently introduced in the Ontario legislature to end "unfair" wireless practices.

THE CANADIAN PRESS

News in brief

Swiss banker fined

COURT. A Swiss banker who claims to have handed WikiLeaks details of rich tax evaders has been found guilty of coercion and breaking Switzerland's strict banking secrecy laws.

A judge at Zurich's Regional Court has sentenced Rudolf Elmer to a fine of over 6,000 Swiss francs ($6,000 US).

Elmer claimed at the one-day trial in Zurich's banking capital yesterday that he acted after being persecuted by his former employer Julius Baer.

THE ASSOCIATED PRESS

Canadian faces jail time in U.S.

KICKBACKS. A Canadian geologist is acknowledging he received more than $100,000 US in kickbacks from a contractor for work at Lehigh Cement Co. quarries in Union Bridge, Md., and Mitchell, Ind. Former Lehigh employee Michael Kilbourne of Toronto pleaded guilty to conspiracy Tuesday in U.S. District Court in Baltimore.

Prosecutors say that from 2001 to 2006, Kilbourne received cash payments and a motorcycle from Larry Spann of Madison, Ind., in return for hauling contracts.

Kilbourne faces up to five years in prison at his sentencing May 17.

Spann has pleaded guilty to wire fraud and is scheduled for sentencing June 30.

THE ASSOCIATED PRESS

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CONCORD PACIFIC

FOREVER INDEBTED TO MOB MENTALITY

He says ...

JOHN MAZEROLLE

I once felt helpless about my enormous debt payments, but I've analyzed the situation and realize now what the root of the problem is: You. *J'accuse*, gentle reader.

Wipe that innocent look off your face. Just four years ago I was only $4,000 in debt. I was panicked about it at the time, but now that sounds like a nice game show prize — something Pat Sajak might reveal after the final puzzle. "You've won $4,000 in debt!" he'd say, and I'd hug Vanna.

Now I'm $50,000 in debt. And it's all your fault.

Because let's face it: You made it OK. The average Canadian owes more than they earn in a year, which is three-syllable c-raaa-zy, but everybody acts like it's business as usual. If I'm chatting with you and mention that I'm $50,000 in debt your typical response is to make a high-pitched "hmph" noise — the kind of noise that says, "Not good, but not bad."

Canadians' finances are crashing like the Hindenburg, but instead of "Oh, the humanity!" the reporter says, "Could be worse! Back to you, Tom."

Thanks for nothing, reader. Thanks for $50,000 less than nothing.

We live in a society where it's seen as some sort of victory to get back to breaking even, as if keeping your nostrils barely above the waterline proves you're a seasoned swimmer. Heck, a friend of mine once bought a $1,500 suit to celebrate getting out of debt, which is sort of like lighting a cigar to celebrate a successful lung transplant.

"Nobody actually owns anything; it's all credit. We should change the verb to, 'I owe a house, and I owe a car.'"

Nobody actually owns anything; it's all credit. We should change the verb to, "I owe a house, and I owe a car."

We've been conditioned by each other to believe that debt is fine. See how I'm blameless? With the Can-Con company I keep, can I really be held accountable for my lack of financial savvy? I'm a victim of mob mentality.

No doubt you feel bad about your role in all this. You made me, which must have a Dr. Frankenstein feel about it.

So if you'd like to alleviate the guilt, I will be accepting pledges and donations. I'll even take your gold, no questions asked. You're welcome.

I'm a man of honour, so if you lend me some money to just get me through this rough patch, I solemnly swear: I'll be forever in your debt.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

Parents play a big role

Letters & Tweets

We asked: Who was your role model growing up?

@natomaton: Bugs Bunny. He was SUAVE.

@alaska1278: MY MOM DUKES WHO ELSE!! Mamma boy.

@JewelyGEE: my role model was my imagination. might sound odd but it really had no limits and it was totally free!

TORONTO. My role model when I was growing up was and always will be my parents.

They worked in our convenience store 14 to 16 hours a day for 363 days a year (Christmas Day and New Year's Day were half-days) for more than three decades!

It's because of their strong work ethic that I never complain about long work days/weeks/months. Thank you mom and dad for all your hard work and sacrifices made.

STEVE YUL CHUN

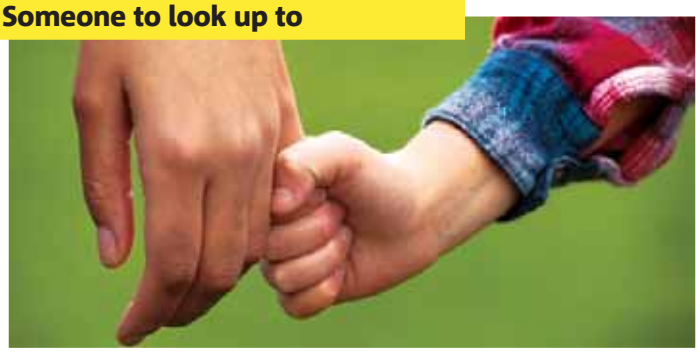
@levianacoccia: my role model growing up was probably one of the Spice Girls. Thank goodness I didn't turn out like a '90s Scary Spice!

CALGARY. My mom, of course!

She's the strongest and most beautiful woman I know.

KELLIANN BROWN

Someone to look up to



Which two teams will play in the Super Bowl? Why?

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Metro Minute at The Improv Centre

The Vancouver TheatreSports League is celebrating St. Valentine's Day in a unique way. The most ruthless and fierce improv tournament, The St. Valentine's Day Massacre, kicks off at 7:30 tonight at The Improv Centre. Vancouver's top improv comics, from veterans to rising stars, are separated into five teams. The winning team will compete with others from Atlanta, Bellingham, Orlando, Seattle and Toronto to determine the best improv team in North America. Tonight's matchup is I'm With Cupid versus Maximum Party. The Improv Centre is located at 1502 Duranleau St. on Granville Island. Tickets are $11.25 for adults and $8.75 for students. Visit vtsl.com for more info. **AYAKA KAWAI**

PETER WILLIAMS/CONTRIBUTED

▶ Vancouver TheatreSport's Margret Nyfors, Bill Pozzobon, and Liz Bowen.

2011 shapes up to be Year of Portman

29-year-old's shelves are filling up with awards for Black Swan
Oscar nomination, and win, could be coming along with first child

For Natalie Portman, 2011 is already shaping up to be an unforgettable year.

The actress is getting big awards buzz for her turn as a ballerina gone mad in Black Swan. She already won a Golden Globe, she's up for a Screen Actors Guild award and she's sure to hear her name when Oscar nominations are announced next week. Portman also has four other movies slated for release this year — including the first produced by her own company.

Oh, and she's pregnant with her first child and engaged to be married.

"I'm very, very excited," she says during an interview to promote her romantic comedy No Strings Attached, which opens Friday. "I feel very, very lucky."

And maybe just a bit overwhelmed.

Ever poised in interviews, and always the picture of perfection at events, the Harvard grad and Oscar nominee (for 2004's Closer) says having four movies in the pipeline at the same time she's starting a family is "a little insane."

Not that she's letting it get to her. Instead, the star who recently relocated to Los Angeles from her hometown of New York says she's just relaxing with her mom and enjoying the West Coast weather.

"I think because so much is going on, it's just sort of going over my head," Portman says, her petite frame folded on a sofa, her hand intuitively resting on her bourgeoning belly. "I don't know that I'm taking it all in. I'm just like, 'Oh, the sun is shining. I'm with my mom. I'm with my dog. Life is good."'

Indeed, things are good for the 29-year-old. She's engaged to Benjamin Millepied, a ballet dancer and choreographer who worked on Black Swan, and they are expecting their first child together. He was her date at the Globes, and when she was named best actress in a drama, she thanked him for "helping me to continue this creation of creating more life."

She'll be seen in two very different roles this year. She plays a warrior opposite Danny McBride and James Franco in the comedy-adventure Your Highness, and a human friend of a Norse god in Marvel Studios' anticipated Thor.

Portman might be promoting her movies through most of her pregnancy.

For now, though, expect Portman aplenty in what's becoming Natalie's big year. THE ASSOCIATED PRESS

KATY WINN/THE ASSOCIATED PRESS

▶ Portman arrives at the 12th Annual Warner Brothers and InStyle Golden Globe After Party at The Beverly Hilton Hotel on Sunday, Jan. 16, 2011 in Beverly Hills, Calif.

2 scene

Scene in brief

Roger Ebert is returning to the small screen.The famous film critic stopped appearing on television movie review shows in 2006 when cancer surgery left him unable to speak. But now he has his own segment on a new program, Ebert Presents at the Movies. The weekly show debuts Friday on PBS stations across America.
THE ASSOCIATED PRESS

Phoney Hollywood producer who scammed investors gets 4 years for violating probation

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Michael Lohan says Lindsay keeping clean

So far so good for Lindsay Lohan, who has reportedly been passing all of her post-rehab drug tests, her dad, Michael Lohan, tells Hollyscoop.

"Lindsay is doing four or five tests a week and she has passed all of them," he says.

Random drug-testing is part of Lindsay's probation, and each failed test would mean 30 more days behind bars.

"Lindsay is doing four or five tests a week and she has passed all of them." MICHAEL LOHAN

METRO

Celebrity tweets

Jane Fonda [@Janefonda] There's been commentary saying my right nipple was showing at the Golden Globes. ... That was my recent cancer scar. So there!

William Shatner [@William-Shatner] I'm thrilled to be working with an old friend, Lee Majors, on $#*! My Dad Says.

Rose McGowan [@rosemcgowan] Ever get to the airport and find out your flight isn't until the NEXT day? Sadly, not the first time I've done this.

Joy Behar [@JoyVBehar] Regis and Larry King retiring. Meanwhile, Andy Rooney's still doing essays about paper clips.

METRO

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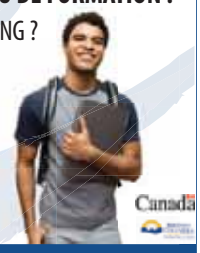

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All the King's cuffs

Meet the English jewelry designer who has women from New York to Dubai scrambling to snag his glamorously cheeky bracelets, rings and necklaces

KENYA HUNT GLOBAL FASHION DIRECTOR

▶ Nicholas King takes resin to another level.

"Anything that has a bit of sparkle to it works really well for me," says designer Nicholas King from his home in London. He's talking about his increasingly popular handmade jewelry collection (Cheryl Cole is just one of his high-profile fans), which includes an especially hot-selling series of resin and diamanté cuffs.

A major part of the appeal is that his pieces are Elizabeth Taylor glamorous in a Lady Gaga edgy kind of way. His work manages to be cheeky and cool.

"I started out by taking a piece of tartan fabric and setting it in resin," says King, who worked in fashion for 17 years at houses including John Galliano and Donna Karan before starting his own line. "But if you're going to do a plastic cuff, it has to be special," he adds with a wry sense of humour. So he moved on to metals and crystals.

"If you're going to do a plastic cuff, it has to be special."

"I like how it adds a richness to the jewelry," he says.

Nicholas isn't the only one. In the short two years and six months since he started his business, his collection has been picked up by some of the world's most important fashion emporiums including Harrods, L'Eclaireur, 10 Corso Como and Liberty of London, among others. Not to mention he's become a favourite among magazine editors.

That's an impressive accomplishment considering that King started his business the day that Lehman Brothers crashed, sending the global economy — and the fashion business in general — into a downward spiral.

Despite his early successes, don't expect King to go the way of other young designers by launching a chain of pre-mature brand extensions anytime soon.

"I want my jewelry to be relevant for a long time so I'm just going to focus on growing slowly and organically."

King's ladies

Nicholas King is a modest gentleman and therefore wouldn't shamelessly name-drop the celebrities who love his work. "I'd love to dress Michelle Obama and Kate Middleton, though," he admits. We did, however, manage to get him to name two famous women who encapsulate his style.

Carey Mulligan

Lady Gaga

3 life

Beauty pick

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New books and movie reveal shadows in life of fashion stylist Isabella Blow

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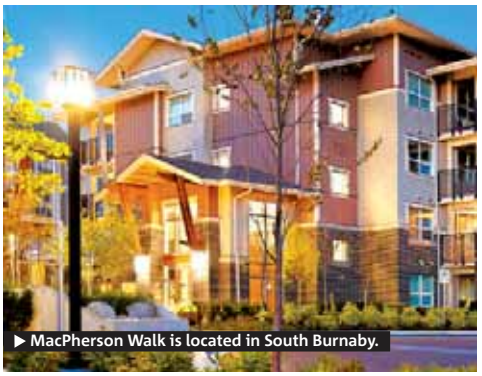
▶ MacPherson Walk is located in South Burnaby.

Who needs to own a car when you live two blocks from a SkyTrain station and your building has its own car-sharing program?

These are just two of the economical perks that are making South Burnaby's MacPherson Walk a hotspot for home buyers who feel they shouldn't have to sacrifice location for affordability.

Its third phase, MacPherson Walk North will open to the public on Jan. 22, with homes slated for completion in summer 2012.

Sleek West Coast style low-rise studios and one-bedroom plus work station suites are now pre-selling by appointment.

Every suite is under $300,000, including the top floor. Open concept floor plans range from 462 square feet to 621 square feet.

Michael Hungerford, whose company Hungerford Group developed MacPherson Walk, said the homes are affordable for young professionals, with or without kids, who have busy lives and want to get into the real estate market.

Hungerford said he's proud of the project, which has already won awards for its design and landscaping.

"For all you hear about how unaffordable Vancouver is, people can own in this community for $780 a month with a 20 per cent down payment on their mortgage. For a lot of families and professionals that's very achievable."

The suite interiors are high quality with details like granite countertops, stainless steel kitchen appliances, nine-foot ceilings and large bay windows to let in lots of light.

Find out more at macphersonwalk.com.

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Off the floor: Staying stylish yet organized

DECOR MOMENT

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An organized home is the first element to creating a comfortable and stylish place to live.

I'm a believer that the first step to being organized and having a clean home is to have nothing on the floor other than the furniture meant to be there.

Clothing, newspapers, toys, gym bags and shoes should all have a place.

Here's a few ways to get your stuff up off the floor.

Clothing

Adding a second hanging bar in the closet for pants, installing an upper shelf to hold an extra row of folded sweaters and adding hooks to the inside of the closet doors will help your standard closet hold about 30 per cent more clothing and accessories.

Vacuum-sealed bags help reduce clothing's bulk and keep dust off out-of-season clothing and a canvas-portable closet is an affordable way to create an extra closet to hold the overflow.

Canvas-covered closets are portable and add valuable storage space anywhere.

They're also great to set up in an apartment storage locker to store out-of-season clothing.

While organizing your closet, why not spruce it up with a few decorative touches? Painting the inside of it a fashionable colour, adding updated door hardware and investing in attractive wooden hangers are simple ways to making the closet look like a million bucks.

Shoes

Building narrow shelves up the walls inside a closet is the best way to store shoes. If done smart, you can contain 40 to 50 pairs of shoes in a single closet without taking away hanging space.

A tall, vertical shoe rack (easily purchased from display storage suppliers and online) keep your best shoes on view and easily accessible. If you have no room in your closet for shoes, consider decorative shoe boxes lined up at the edge of a staircase or stored in under-the-bed roll out drawers.

Hanging hooks

Decorative hooks are a dime a dozen, so buy at least a dozen and put them around your home. Those items that you need every day (scarves, purses, gym bags, etc.) will stay off the floor and have a stylish place to call home.

Remember to hang at two heights — 42 inches and 66 inches off the floor. This will allow younger children to hang their coats and have them easily accessible. Towel bars can be a man's best friend too. Hung at the end of a kitchen island help to keep tea towels at bay while displayed vertically on the wall like ladder rungs, they become a great spot to display magazines and newspapers.

Speaking of ladders, why not use them to help get things off the floor?

A modern ladder becomes a magazine and newspaper display rack

ISTOCK

To create some serious space in your closet, consider adding another hanging bar, or an extra shelf.

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Top wedding trends

The editors at Weddingbells round up the hottest reception, fashion and makeup trends — from photo booth props to pastel bridal gowns

Trend: Photo booth props
Why it's hot: Last year the revival of the old-school photo booth at wedding receptions was huge. This year, we anticipate it to be even bigger with more fun props and backgrounds. Expect to see a huge surge in personalized booths filled with quirky and custom decor tailored toward the couple's personality.
ROSESANNE DELA ROSA, ASSOCIATE EDITOR

YORKE PHOTOGRAPHY/ MATTHEWYORKE.CA
▶ Props from Little Retreats.

Trend: Honeysuckle-tinted lips
Why it's hot: The Pantone Colour of the Year for 2011 is a perfect choice as your wedding-day shade, but we love it as a lip colour selection. Our lippy pick: Bobbi Brown Creamy Lip Color in Honeysuckle ($25).
ALISON MCGILL, EDITOR-IN-CHIEF

PHOTOGRAPHY: CARLO MENDOZA

Trend: Chic bridesmaid attire
Why it's hot: Designers are starting to get that you want to choose a dress your girls will love wearing — just look at the fashionable creations from Melissa Sweet, Wtoo and Lela Rose.
STEPHANIE GRAY, ONLINE EDITOR

Trend: Local cuisine
Why it's hot: Serving food found close to home is not only trendy, but environmentally and budget-friendly too. Plus it can be a great way to play up your destination. Having your reception in Niagara-on-the-Lake? Serve local wine or ice cream bars made by the nearby creamery.
STEPHANIE GRAY, ONLINE EDITOR

Trend: Mismatched wedding bands
Why it's hot: 2011 is all about personalizing your wedding, and what better way to let your style shine through than by choosing bands that match your style, not his?
JENNIFER HASKETT, ART DIRECTOR AND CONTRIBUTING EDITOR

Trend: Sapphires
Why it's hot: Kate Middleton's spectacular blue sapphire engagement ring ignited a passion for this vibrant gemstone.
NICOLE KEEN, ASSOCIATE EDITOR

KEVAN HALL (FALL 2011)

▶ Gown by Kevan Hall.

Trend: Pastel bridal gowns
Why it's hot: Soft peach, blush pink and baby blue are all fresh and elegant alternatives to traditional white and ivory.
NICOLE KEEN, ASSOCIATE EDITOR

FOR EVERYTHING YOU NEED TO PLAN YOUR WEDDING, GO TO WEDDINGBELLS.CA.

For those without a Metro the forecast calls for "I dunno," with a slight chance of "huhhhh?"
metro News worth sharing.

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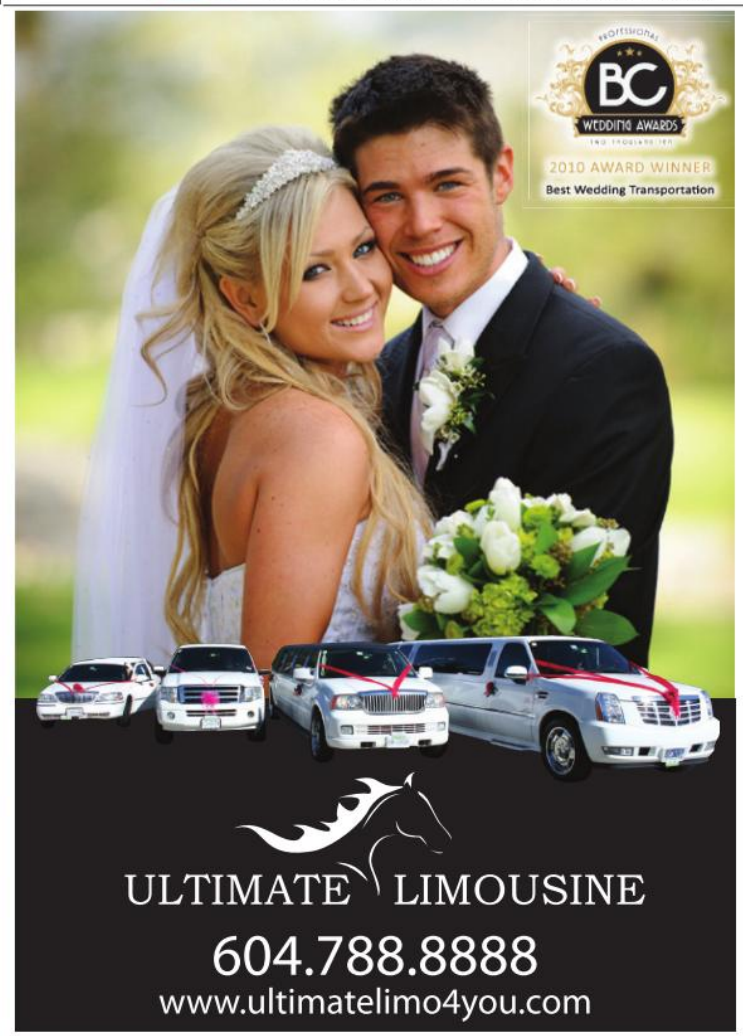
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metro News worth sharing.

This healthier version of the crispy patties eliminates the hidden calories

The croquette is a way to use leftovers, but it's also a way to chow down hidden fat and calories. But you can concoct healthier croquettes with a little nutritional know-how.

Start with lean protein, such as chicken, turkey breasts or even crab.

For the fillers, lean toward vegetables, which add more flavour and moisture, rather than starches such as breadcrumbs or rice. Aromatics, such as onions, garlic and peppers, season while also adding a variety of colours and textures.

And if you do want to add a starch, consider using sweet potato, which is packed with fibre.

When it comes to the wet binders, opt for egg whites, which won't contain the fatty yolks and still have binding power.

Finally, though many croquettes are cooked in generous amounts of fat, with a good non-stick pan, you should be able to get satisfyingly crispy results using just cooking spray.

Preparation:

1. **Relish:** In a small bowl whisk together red peppers, oregano, thyme, jelly, salt and scallions. Set aside.
2. **Croquettes:** In a large non-stick skillet over high, heat oil. Add sweet potato, onion and red bell pepper. Saute until vegetables are tender, about 5 minutes. Transfer vegetable mixture to a large bowl. Wipe out the skillet and set aside.
3. Add chicken, lemon juice, oregano, thyme, salt and pepper, then stir to combine. Add egg whites and sour cream, then stir again.
4. Place breadcrumbs in a dish. Divide chicken mixture into 12 balls, using about 30 ml (2 heaping tbsp) per ball. Roll balls in breadcrumbs.
5. Return skillet to medium-high heat and coat with cooking spray. Add 6 of the balls, flattening them into patties with a spatula. Cook until golden-brown, 3 to 4 minutes per side.
6. Transfer croquettes to a serving platter and cover with foil. Coat skillet with additional cooking spray, then repeat with remaining balls. Serve with red pepper relish.

THE ASSOCIATED PRESS

Ingredients:

Relish
- 1 jar (375 ml/12 oz) roasted red peppers, drained and diced
- 45 ml (3 tbsp) fresh oregano, chopped
- 10 ml (2 tsp) fresh thyme, chopped
- 45 ml (3 tbsp) hot pepper jelly
- Pinch salt
- 1 scallion, thinly sliced

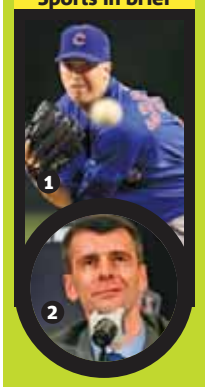
Croquettes
- 5 ml (1 tsp) canola oil
- 250 ml (1 cup) uncooked shredded sweet potato
- 125 ml (1/2 cup) finely chopped yellow onion
- 125 ml (1/2 cup) finely chopped red bell pepper
- 500 ml (2 cups) finely chopped cooked chicken breast or turkey breast
- 10 ml (2 tsp) lemon juice
- 1 ml (1/4 tsp) dried oregano
- 1 ml (1/4 tsp) dried thyme
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 2 large egg whites
- 50 ml (1/4 cup) reduced-fat sour cream
- 125 ml (1/2 cup) plain breadcrumbs

LARRY CROWE/ THE ASSOCIATED PRESS

▶ Chicken and Sweet Potato Croquettes with Red Pepper Relish.

4 sports

Sports in brief



1 The Nationals finalized their trade to acquire left-hander Tom Gorzelanny from the Cubs.

2 Nets owner Mikhail Prokhorov has told the team to end discussions on the Carmelo Anthony deal.

Scan for code for more sports

Federer. Survives scare

▶ Defending champion Roger Federer escaped with a victory at the Australian Open yesterday, edging France's Gilles Simon 6-2, 6-3, 4-6, 4-6, 6-3 in the second round.

MARK KOLBE/GETTY IMAGES

Federer says he 'got lucky' in tough second-round match

Early on it seemed as if Simon, who had beaten Federer in their only two previous meetings, would send the Swiss star packing out of a Grand Slam before the third round for the first time since 2003. But Federer broke Simon's service in the sixth game of the deciding set to go up 4-2, held his service to go up 5-2, then held his serve two games later to clinch with an ace. Vancouver's Rebecca Marino lost a hard-fought 6-3, 5-7, 9-7 second-round women's match to French Open champion Francesca Schiavone. THE ASSOCIATED PRESS

New rules should aid CFL in Ottawa

'It puts you in a competitive position right off the bat,' ownership group's Jeff Hunt says

When Ottawa's latest shot at success in the Canadian Football League takes to the field in 2013, it should be better equipped to compete than the last version.

The league announced an expansion draft plan yesterday that will give the as-yet-unnamed team significant advantages over what the Ottawa Renegades faced in 2002.

The biggest change will see existing teams allowed to protect only one quarterback, one less than was the case the last time around.

"In my opinion, it's another positive step forward on this road we've been going down for the last two-and-a-half years," said Ottawa ownership group frontman Jeff Hunt, noting that none of the quarterbacks in the Renegades' inaugural training camp had taken a snap in the CFL the previous season.

"This time, it's very realistic we'll have two quarterbacks coming in who have CFL experience."

There are several other improvements approved by the league that should help Ottawa in establishing itself as a competitive team.

In the first round of the import draft, existing teams can protect only one quarterback and 10 imports, allowing Ottawa to select one import player from each team. In the second round, each club can protect only six non-imports.

Ottawa will also have the first pick in each round of the 2013 Canadian draft as well as the final selection in the first four rounds of the 2012 draft. Those selections will be restricted to red-shirted NCAA players.

Ottawa will also be allowed to start building a negotiation list prior to its first season.

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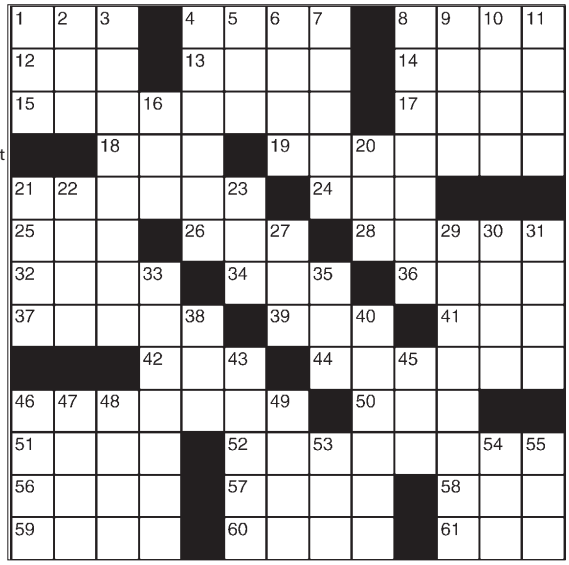
Crossword



Across
1 Ostrich's cousin
4 Obi, e.g.
8 Luminary
12 Police officer
13 Look lasciviously
14 Sulk
15 Against the current
17 Eject
18 Bill
19 Studied primarily, with "in"
21 Light blond
24 Enthusiast
25 Journal
26 AAA job
28 Avoids
32 Worked with
34 Slight touch
36 Lover's quarrel
37 Make less bright
39 Pouch
41 Coll. transcript no.
42 Lummox
44 Follower of a pair of hips?
46 Flute's little kin
50 Lillie or Arthur
51 Pennsylvania port
52 On the ascendant
56 Barracks array
57 Carina
58 Storm center
59 Dandling site
60 Tend texts
61 Drops on the grass

Down
1 Old French coin
2 Swab
3 Stole the attention from
4 Fruity ice
5 Time of your life?
6 Bridge coup
7 Macho type
8 Gets even?
9 Go sightseeing
10 Church area
11 Pensioned (Abbr.)
16 Strain
20 Roast's drippings, in a sense
21 Blunder
22 Mislay
23 Affirmative action
27 Existed
29 Improved, as software
30 California wine valley
31 Go no farther
33 Bishop's bailiwick
35 "Humbug!"
38 Long March leader
40 Strong greenish blue
43 Lucky accident
45 "— the ramparts ..."
46 Bushel fraction
47 Press
48 Give as an example
49 Pundit's column
53 Early Chinese dynasty
54 Caustic solution
55 Archery bow wood

▶ Yesterday's answer

J	I	B	■	N	O	V	A	■	P	R	O	P
A	R	E	■	O	P	E	D	■	L	A	V	A
B	A	A	■	S	T	E	A	L	A	W	A	Y
S	Q	U	A	W	■	■	M	A	G	■	■	■
■	■	■	M	E	T	H	■	P	U	P	A	E
C	A	S	T	A	W	A	Y	■	E	L	S	E
H	U	E	■	T	A	B	O	O	■	O	I	L
E	T	A	L	■	S	I	G	N	A	W	A	Y
F	O	L	I	O	■	T	I	E	D	■	■	■
■	■	■	T	A	P	■	■	E	D	I	C	T
B	R	E	A	K	A	W	A	Y	■	D	U	O
I	C	O	N	■	R	O	L	E	■	E	R	G
Z	A	N	Y	■	T	O	L	D	■	A	B	A

Sudoku

					3		1	
4	5				9	8		
	1		8			4		
	6			2	5		9	
5								2
	9		4	3			7	
		6			7		8	
		7	2				6	9
	8		1					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	3	7	8	1	2	9	6	4
4	8	2	9	6	3	1	5	7
1	9	6	7	5	4	8	3	2
6	7	8	4	3	5	2	9	1
9	2	5	1	8	7	6	4	3
3	1	4	2	9	6	5	7	8
2	6	9	3	7	8	4	1	5
8	5	3	6	4	1	7	2	9
7	4	1	5	2	9	3	8	6

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my lobster yay! I'm so happy to have found my mate. I look forward to many years on the balcony feeding eachother cheezy lines. **LOVE YOUR LOBSTER**

My Cookie! Thank you for making my day so much sweeter!
XOOXOXO YOUR BABY CAKES!

I told you from the start, That I Loved You, and that nothing would change how I feel. How much you really mean to me, and how having you in my life today, I couldn't ask for anything more. When I'm with you, "nothing else matters", when I'm not I carry the world on my shoulders...! Love you Karalee.. **A&DF**

To my love Lidia, thanks for being with me for all these years. I miss you so much. As soon as possible I'll go back home.
LOVE YOU WITH ALL MY HEART, STEFANO

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Friendships will assume even greater importance than usual over the next few days. Make sure you are on good terms with people you have to deal with on a daily basis.

♉ Taurus April 21-May 21
It's the time to make your bid for glory. Today, the Sun's transit of the midheaven angle of your chart will bring new opportunities, but it's up to you to do something with them.

♊ Gemini May 22-June 21
Being a Gemini, you will most likely rush in where angels fear to tread today, especially as the Sun's move into your fellow Air sign of Aquarius endows you with unlimited self-confidence.

♋ Cancer June 22-July 22
If you are the kind of Cancerian who rarely gives thought to the future, you need to change your ways. You're not getting any younger and you need to start building up a nest egg.

♌ Leo July 23-Aug.23
You can't do it alone. If you want to get things done over the next few weeks, you will have to rediscover the joys of partnership. Surely, you remember what that is!

♍ Virgo Aug. 24- Sept. 22
Pay close attention to details today because the smallest thing could trip you up. Also, if some of your everyday routines have become a bit of a chore now is the time to replace them with something more inspiring.

♎ Libra Sept. 23-Oct. 23
Put all thoughts of fear and failure behind you and resolve to make a success of your life. All things are possible.

♏ Scorpio Oct. 24-Nov. 22
You need to break down whatever barrier there is between you and a loved one. No matter what caused it or whose fault it might have been if you make the first move, you can get things back to how they were.

♐ Sagittarius Nov. 23-Dec. 21
This should be a fun time for you, so ignore those who say you should be worried about the state of the world. You've never believed it's as bad as some people say. Unlike them, you're not turned on by doom and gloom.

♑ Capricorn Dec. 22-Jan. 20
The Sun leaves your birth sign today, but that does not mean that your luck is about to run out. On the contrary, if you keep doing what you've been doing the past few weeks, you'll be richer than ever.

♒ Aquarius Jan. 21-Feb. 18
A new solar year begins for you, today, and you are eager to start building that new life you promised yourself. Make sure your vision is clear and your plan is simple.

♓ Pisces Feb. 19-March 20
Sometimes, you can be a bit too sensitive for your own good and that could be a problem today. Yes, others may be suffering, but it's not your fault. **SALLY BROMPTON**

Caption contest

MANU FERNANDEZ/ THE ASSOCIATED PRESS

WIN! You write it!
Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARKUS SCHREIBER/ THE ASSOCIATED PRESS

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On February 9th, mental health is on everyone's lips.

One in five Canadians suffers from mental illness, impacting countless lives and taking a heavy toll on the nation's economy. But mental illness carries a stigma, and many who suffer won't get the help they need because they're too afraid to talk about it.

That's why I'm proud to support Bell Let's Talk Day on February 9th. For every text message sent and every long distance call made by Bell customers that day,* Bell will donate 5¢ to mental health programs.

Join me in the national conversation. Together, we can change attitudes and make a real difference. To learn more, please visit bell.ca/letstalk.

*Regular long distance and text message charges apply.

Clara Hughes
Olympic champion

Bell Let's Talk